



Bachelor of Arts in Sport Psychology Scholarships



New Scholarships Now Available!

Scholarships are now available for new students enrolling in the National University Bachelor of Arts in Sport Psychology degree program.

The scholarship awards are for up to \$2,500 for first and last class tuition upon program completion.

Who should apply?

- New students interested in enrolling in National University's Bachelor of Arts in Sport Psychology degree program.
- Anyone who qualifies for admission to National University and is accepted into the Bachelor of Arts in Sport Psychology degree program.

Contact an Admissions Advisor today.

Application Procedures

Complete a National University admission packet and be accepted into the Bachelor of Arts in Sport Psychology degree program. Submit the completed admissions packet online or present it to your admissions advisor.

Complete the scholarship application form and submit it to your admissions advisor or mail it to:

National University
*Coordinator of Scholarships and
Special Services*
11255 North Torrey Pines Road
La Jolla, CA 92037-1011

The University of Values



One-Course-Per-Month Format
Undergraduate and Graduate Programs

Online Degrees
WASC Accredited

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Enroll Today! Call (877) 684-6531 or visit NUGolfAcademy.org

Accredited by the Accrediting Commission for Senior Colleges and Universities of the Western Association of Schools and Colleges (WASC); the Commission on Collegiate Nursing Education (CCNE) for the Bachelor of Science in Nursing Program; the International Assembly for Collegiate Business Education (IACBE) for the School of Business and Management; and approved by the Commission on Teacher Credentialing (CTC).

National University is nonprofit and does not discriminate in any of its policies or practices on the basis of race, ethnicity, religion, national origin, sex, disability, age, or veteran status.

■ BACHELOR OF ARTS (610)

General Education Program Requirements

The general education program consists of a minimum of 70.5 quarter units. Of the 70.5 units, students must complete at least 4.5 units at the upper-division level and 4.5 units in diversity enriched coursework. A plus [+] indicates a diversity enriched offering. All undergraduate students working toward any associate or bachelor's degree must meet the University diversity requirement.

National University has general education requirements in the following eight areas:

AREA A: ENGLISH COMMUNICATION

(Minimum 15 quarter units)

AREA B: MATHEMATICAL CONCEPTS AND QUANTITATIVE REASONING

(Minimum 4.5 quarter units)

AREA C: INFORMATION LITERACY

(Minimum 4.5 quarter units)

AREA D: ARTS AND HUMANITIES

(Minimum 13.5 quarter units)

AREA E: SOCIAL AND BEHAVIORAL SCIENCES

(Minimum 13.5 quarter units)

AREA F: PHYSICAL AND BIOLOGICAL SCIENCES

(Minimum 6 quarter units required [Note: one science lab is required])

AREA G: MODERN LANGUAGE

(Minimum 9 quarter units)

AREA A-G: GENERAL EDUCATION

(Minimum 4.5 quarter units)

Remedial courses taken to achieve minimum levels of collegiate-level competency in the areas of writing and mathematical concepts and systems do not satisfy any portion of the general education requirement.

◆ MAJOR IN SPORT PSYCHOLOGY

(610-251)

Faculty Advisor: Charles Powell • cpowell@nu.edu • (858) 642-1581

The Bachelor of Arts in Sport Psychology program offers a comprehensive introduction to the contemporary discipline of sport psychology. Graduates of this program are well prepared to seek employment in entry-level coaching positions and admission to graduate psychology programs at the master's or doctoral level.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Discuss current trends in psychological research in group dynamics and sport psychology as it relates to team sports.
- Analyze how psychological factors influence performance in sports, and techniques to increase performance and reduce anxiety.
- Analyze how psychological tendencies and physiology work together to improve or reduce athletic efficiency.
- Conduct a basic data analysis and statistical calculations to analyze psychological data.
- Discuss the history of sport psychology and analyze its role in the development of contemporary psychological theories and systems.
- Discuss the basic principles of biomechanics and kinesiology as they relate to athletics.
- Describe the ways in which issues of diversity and multiculturalism influence group interactions and performance.
- Apply psychological theory to coaching situations.

Requirements

To receive a Bachelor of Arts in Sport Psychology degree, students must complete at least 180 quarter units as articulated below, 76.5 of which must be completed at the upper-division level and 45 of which must be

completed in residence at National University. The following courses are specific degree requirements. In the absence of transfer credit, students may need to take additional general electives to satisfy the total units for the degree. Students should refer to the section on undergraduate admission procedures for specific information on admission and evaluation.

Preparation for the Major (2 courses; 9 quarter units):

MTH 210 Probability and Statistics*
(Prerequisite: Placement Evaluation)

PSY 100 Introduction to Psychology*
(Prerequisites: ENG 100/101)

*May be used to satisfy general education requirements.

Requirements for the Major (12 courses; 54 quarter units)

PSY448 History of Sport & Psychology
(Prerequisites: ENG 100/101 and PSY 100)

PSY449 Group Dynamics in Sport
(Prerequisites: ENG 100/101 and PSY 100)

PSY300 Social Psychology of Sport
(Prerequisites: ENG 100/101 and PSY 100)

HUB 441 Research Design and Analysis
(Prerequisites: ENG 100/101 and PSY 100)

PSY440 Sport Psychology for Coaches
(Prerequisites: ENG 100/101 and PSY 100)

PSY443 Culture and Sports Psychology
(Prerequisites: ENG 100/101 and PSY 100)

BIO 385 Biomechanics of Sport
(Prerequisites: ENG 100/101 and PSY 100)

PSY446 Positive Psychology
(Prerequisites: ENG 100/101 and PSY 100)

Students in the BA in Sport Psychology are required to choose an emphasis and complete all courses specified in the emphasis as part of the Requirements for the Major. Each emphasis requires a Senior Project.

Emphasis in Applied Sport Psychology

Designed for students wishing to prepare for entry into professional coaching, this specialization focuses upon the application of psychological principles to athletics. The specialization includes a senior project and practicum designed to give students practical experiences in the field of sport psychology.

PSY444 Wellness and Peak Performance
(Prerequisites: ENG 100/101 and PSY 100)

PSY445 Applied Sport Psychology
(Prerequisites: ENG 100/101 and PSY 100)

PSY442 Seminar in Applied Psychology
(Prerequisites: ENG 100/101 and PSY 100)

PSY485 Sport Psychology Sr. Project (two month course)
(Prerequisites: ENG 100/101, PSY 100, and at least 10 courses completed in the major)

Emphasis in Professional Golf Management

This emphasis is designed to prepare students for entry into the field of professional golf management and coaching. These courses are designed to include practical experiences in coaching, instruction, and player development as well as introduce students to contemporary issues in golf management.

PGM444 Instruction/Player Develop.
(Prerequisites: ENG 100/101 and PSY 100)

PGM447 Prof. Golf Management Seminar
(Prerequisites: ENG 100/101 and PSY 100)

PGM445 Player Development II Seminar
(Prerequisites: ENG 100/101 and PSY 100)

PGM448 Senior Project in PGM (two month course)
(Prerequisites: ENG 100/101, PSY 100, and at least 10 courses completed in the major)

Upper Division Electives (4 courses; 18 quarter units)

Choose four upper division electives from available offerings within the College of Letters and Sciences.